



## Chocolate Dipping Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups brown sugar
- 2 tablespoons butter
- 12 fluid ounce evaporated milk canned
- 0.3 cup flour all-purpose
- 0.8 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 1 cup water

### Equipment

sauce pan

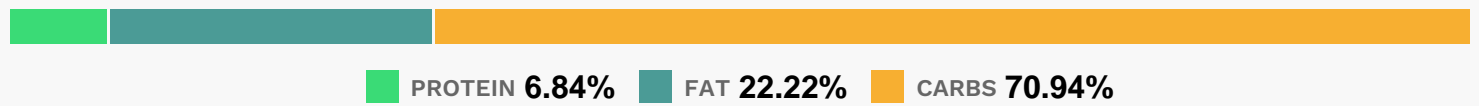
## Directions

In a medium saucepan, combine brown sugar, cocoa and flour. Stir in water, a little at a time, to make a smooth paste. Stir in milk and butter. Bring to a boil over medium heat and let boil 5 minutes.

Remove from heat and stir in vanilla.

Let cool completely at room temperature, stirring often to prevent a skin from forming. Store in refrigerator after cooling.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:5.5460869119219%

## Flavonoids

Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 221.76kcal (11.09%), Fat: 5.87g (9.03%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 39.69g (14.43%), Sugar: 35.8g (39.77%), Cholesterol: 16.31mg (5.44%), Sodium: 67.53mg (2.94%), Alcohol: 0.28g (100%), Alcohol %: 0.33% (100%), Caffeine: 14.84mg (4.95%), Protein: 4.07g (8.13%), Manganese: 0.29mg (14.69%), Copper: 0.27mg (13.73%), Calcium: 130.2mg (13.02%), Phosphorus: 124.79mg (12.48%), Magnesium: 44.75mg (11.19%), Fiber: 2.47g (9.88%), Vitamin B2: 0.14mg (8.52%), Iron: 1.34mg (7.47%), Potassium: 254.65mg (7.28%), Zinc: 0.75mg (5%), Selenium: 3.22µg (4.6%), Vitamin B1: 0.05mg (3.1%), Vitamin A: 154.78IU (3.1%), Vitamin B5: 0.3mg (3.03%), Folate: 11.04µg (2.76%), Vitamin B3: 0.43mg (2.17%), Vitamin B6: 0.04mg (2.03%), Vitamin B12: 0.06µg (1.03%)